

# Journal of HEALTH & LONGEVITY



Introducing the Latest Health Breakthroughs in Longevity Science

Volume 2, Issue 3

### Editor's Note:

Most people with blood sugar imbalances can be helped with diet, exercise and supplements. However, many people take diabetes drugs, which often cause other problems. But the facts are clear.

All diabetes drugs have side effects. All gradually become less effective, which means the side effects continue and so does the disease. The end result? The total annual cost of diabetes is estimated to be \$92 billion, and growing!

Is it possible to combat diabetes without drugs and win? I believe the answer is "YES!" By using GLUCO HARMONY™, you can help repair and rebuild a faulty blood sugar system so that you'll stop sugar cravings, gain more fuel from food and even achieve your optimal weight.

For the sake of your health, please read the important scientific findings in this report.

## READY TO DODGE THE DIABETES BULLET? 2,000-YEAR-OLD HEALING TRADITION CAN HELP BALANCE BLOOD SUGAR FOR LIFE!

*NEW scientific breakthrough uncovers age-old secret that helps at-risk Americans normalize blood sugar levels and prevents the heart disease, kidney failure, nerve damage, blindness, and amputations associated with diabetes.*

IT IS ESTIMATED THAT BY 2010, SOME 40% OF AMERICANS 65 OR OLDER WILL BE STRICKEN WITH TYPE 2 DIABETES. Diabetes is linked to heart disease, obesity and causes nerve damage, kidney failure, blindness, restricted circulation, and amputations.

WITH ITS COMPLICATIONS, DIABETES IS THE THIRD LEADING CAUSE OF DEATH IN THE UNITED STATES.

What you're about to read in this report will give you the facts about type 2 diabetes and tell you about GLUCO HARMONY™, a NEW scientifically for-

mulated product based on a 2,000-year-old healing tradition that'll help you balance blood sugar levels and help you dodge the diabetes bullet, for life. Not only can it help you renew your energy level, but it can help you maintain optimum body weight the EASY WAY!

*continued....*



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**DISCOVER 5 WAYS YOU  
COULD AVOID OR REVERSE THE  
THREAT OF DIABETES FOR LIFE.  
YOUR NEWSLETTER IS HERE!**

## **MOST PEOPLE DON'T THINK OF DIABETES AS A KILLER!**

Despite regular reports in the national press about the near epidemic level of diabetes, people persist in thinking about diabetes as simply blood sugar levels that are a little high or low. NO BIG DEAL! WRONG!

First and foremost, diabetes is a major risk factor for heart disease and stroke. Why? Because high sugar levels lead to diabetes; low sugar levels to hypoglycemia—destabilizing your heart.

The excess insulin produced by the pancreas to respond to the glucose spikes causes high blood pressure problems which further tax the heart with oxidative stress. This is why...

### **DIABETICS ARE TWO TO FOUR TIMES AS LIKELY TO HAVE HEART DISEASE OR A STROKE.**

Consider the medical case of a man from Michigan. At the age of 65, Floyd E. was diagnosed with type 2 diabetes. This did not come as a shock to his doctors. Floyd got very little exercise and did not pay close attention to the kinds of foods he ate.

Once he was diagnosed, he did manage to control his diabetes for several years with diet and insulin pills. But unfortunately the damage to his heart was already done.

In 1997, Floyd suffered a heart attack and underwent quadruple bypass surgery. After the surgery, his health never fully rebounded and he could not live life to its fullest.

(Names changed to protect the privacy of these individuals)

## **DIABETICS ARE PRONE TO KIDNEY FAILURE.**

In addition to heart problems, diabetics often suffer from kidney problems. In fact, diabetes is the number one cause of kidney failure because excess glucose in the bloodstream damages the small blood vessels in the kidneys.

Floyd E.'s case is typical. In November, 1998, Floyd's kidneys began to shut down. A few months later, complete kidney failure made dialysis necessary for his very survival.

Three times a week at 5:00 AM, his day began with a 5-hour ordeal hooked up to a machine via a shunt in his arm so that his blood could be purified. At times, his body reacted with violent pain. Even the most uneventful dialysis sessions left him weak. Many times he did not even have the strength to open a car door after dialysis. It took him two days to recover and then it was time to start the grueling cycle all over again.

After 4 years of agony, Floyd's body could no longer withstand the rigors of dialysis. Within 9 days of stopping his treatment, he died of acute kidney failure.

### **DIABETES IS THE SECOND MOST COMMON CAUSE OF BLINDNESS IN SENIORS.**

In addition to kidney and heart problems, type 2 diabetes can also cause eye disease. Because sudden surges of blood sugar put extra stress on the retinal blood vessels, type 2 diabetes may trigger problems that can lead to permanent blindness. Only glaucoma claims the sight of more senior citizens.

Heart problems, kidney failure, and blindness will most likely become even greater problems in the years to come. Type 2 diabetes typically strikes later in life and as the 77 million baby boomers retire, the number of people who will suffer this life-threatening and debilitating health problem is expected to skyrocket. In fact...

### **IT'S ESTIMATED THAT BY 2010, SOME 40% OF AMERICANS 65 AND OLDER WILL HAVE TYPE 2 DIABETES!**

The total annual cost of diabetes is estimated to be a whopping 92 BILLION DOLLARS and yet, what do we have to show for this outrageous health bill?

Type 2 diabetes (which accounts for 90 percent of the diabetes cases) is the fastest escalating disease in America, and prescription drugs for it do little to stem the tide.

### **HOW DID WE GET INTO THIS DIABETES EPIDEMIC?**

Six out of 10 Americans are now overweight and that fact is the single largest risk factor for diabetes. Combine our obesity with an increased reliance on processed foods, an aging population, and lack of exercise and you get a RECIPE FOR DIABETES DISASTER.

### **WHAT HAPPENS IN THE BODY IF YOU HAVE TYPE 2 DIABETES?**

In type 2 diabetes, there's too much glucose (or sugar) in the blood and the insulin is not being properly used to carry the glucose to all the cells.

GLUCOSE IS YOUR BODY'S MAJOR ENERGY SOURCE WHILE INSULIN IS THE ONLY WAY TO GET GLUCOSE INTO YOUR CELLS.

Glucose is derived from nutrients extracted from food. Insulin, which is secreted by the pancreas, aids in the transport of glucose from the blood to the liver and muscle cells. But with type 2 diabetes...

YOU'RE NOT IN SHORT SUPPLY OF INSULIN (as is true in type 1 or juvenile diabetes.) Rather...

The pancreas secretes plenty of insulin, but the cells resist it and won't let the glucose in. The pancreas responds by pumping out more and more insulin and the knocking in your "engine" becomes louder and louder.

Eventually, YOUR PANCREAS WILL RESIST trying to manage glucose. The unfortunate result is dangerously high glucose in the face of insulin breakdowns.

What does all this mean for your body?

When glucose builds up in the blood instead of going into cells, it causes two BIG problems: it starves your cells of energy and produces complications in small blood vessels, especially in the eyes, kidneys and heart. Said another way, without a steady fuel line of glucose, your health eventually stalls out!

Instead of becoming "insulin resistant," what you want for your body is to INCREASE YOUR CELLS' SENSITIVITY TO INSULIN SO THAT YOU CAN BETTER USE GLUCOSE, THE ALL-IMPORTANT FUEL YOU NEED TO KEEP YOUR BODY RUNNING!

## **REGULATE YOUR BLOOD SUGAR with 9 AYURVEDIC SECRETS found only in GLUCO HARMONY™!**

### **AYURVEDIC SECRET #1—BITTER MELON!**

Close to 100 studies have demonstrated the blood sugar lowering effect of bitter melon.

### **AYURVEDIC SECRET #2—PTEROCARPUS MARSUPIUM!**

In studies, P. marsupium showed remarkable glucose balancing power and cholesterol-lowering effects as well.

### **AYURVEDIC SECRET #3—GYMNEMA SYLVESTRE!**

Gymnema Sylvestre is regarded in Ayurvedic medicine as the most powerful agent for improving blood sugar control.

### **AYURVEDIC SECRET #4—SHILAJIT!**

Shilajit has been shown to help reduce sugar in the urine, promote regeneration of the pancreatic beta cells, and reduce oxidative stress.

### **AYURVEDIC SECRET #5—CURCUMIN!**

Curcumin is widely thought to help prevent free radical damage, reduce oxidative stress and cleanse the body of metabolic wastes.

### **AYURVEDIC SECRET #6—FENUGREEK!**

Studies indicate that fenugreek can help normalize blood glucose after meals and improve insulin response.

### **AYURVEDIC SECRET #7—CINNAMON!**

In one major study at the Human Nutrition Research Center, cinnamon was shown to help increase glucose intake and increase insulin response.

### **AYURVEDIC SECRET #8—HOLY BASIL!**

Holy Basil has been shown to help normalize blood sugar levels, lower cholesterol and triglycerides, and to help reduce blood pressure and arterial inflammation.

### **AYURVEDIC SECRET #9 - BANABA!**

Banaba contains a natural compound that helps transport blood sugar into the cells and control carbohydrate cravings.

If you could stop sugar cravings, maintain optimum body weight, get more fuel from food and dodge the diabetes bullet ALL AT THE SAME TIME, wouldn't it be worth it to try GLUCO HARMONY™?

## WHAT CAN YOU DO TO INCREASE INSULIN SENSITIVITY AND DODGE THE DIABETES BULLET AT THE SAME TIME?

You can certainly make some lifestyle changes, but before you get overwhelmed with joining a fitness club, losing that extra 15 to 20 pounds and cutting out sweet and starchy foods that create potentially health-threatening glucose and insulin spikes...

YOU OWE IT TO YOURSELF AND YOUR FAMILY TO TAKE CHARGE OF YOUR HEALTH AND TRY GLUCO HARMONY™ FOR 60 DAYS—RISK FREE!

GLUCO HARMONY™ is the NEW, scientifically formulated product to help you balance blood sugar levels the natural way and dodge the diabetes bullet, for life.

Our longevity researchers scoured the globe reviewing all the medical literature on diabetes and they discovered that Ayurvedic medicine (as practiced in India) has the oldest and most effective herbal means of balancing blood sugar and increasing insulin sensitivity WITHOUT CAUSING HYPOGLYCEMIA (or low blood sugar.)

Our GLUCO HARMONY™ formula—based on a 2,000-year-old healing tradition—contains the highest quality, most concentrated, natural, nutraceutical-grade Ayurvedic botanical extracts available. We know of no better blood sugar balancing combination.

**Nine Ayurvedic secrets make GLUCO HARMONY™ powerful in the war against type 2 diabetes!**

### AYURVEDIC SECRET #1 BITTER MELON!

Close to 100 studies have demonstrated the natural blood sugar lowering effect of bitter melon. Additionally, it has demonstrated the ability to enhance the cells' uptake of glucose and to activate the pancreatic cells that manufacture insulin.

How does bitter melon work? It contains a polypeptide considered to be like bovine insulin, which has been shown in experimental studies to achieve glucose regulating effects by reducing sugar craving.

For centuries, bitter melon has been an Asian folk remedy for improving glucose tolerance and only now has science started to document what traditional healers have known for generations. BITTER MELON has demonstrated its ability to help...

- ✓ SUPPRESS the neurological urge to eat sweets.
- ✓ IMPROVE glucose tolerance without increasing insulin levels of type 2 diabetes.
- ✓ STIMULATE the pancreatic beta cells that make insulin.

### AYURVEDIC SECRET #2 PTEROCARPUS MARSUPIUM

You don't need to be able to pronounce this herb, but you do need to know that P. marsupium demonstrates remarkable glucose balancing power and cholesterol lowering effects as well. It is truly a miracle of nature.

Plus, in repeated studies, P.

marsupium was able to reverse the damage to the pancreatic beta cells. The result was the near complete restoration of normal insulin secretion. This restoration in turn, helps to counter the effects of insulin resistance, which leads to type 2 diabetes. PTEROCARPUS MARSUPIUM has shown its ability to help...

- ✓ MAINTAIN blood sugar levels.
- ✓ RESTORE normal insulin release from the pancreas.
- ✓ BYPASS ineffective pathways for better glucose intake.

### AYURVEDIC SECRET #3 GYMNEMA SYLVESTRE

Gymnema sylvestre is regarded in Ayurvedic medicine as the most powerful agent for improving blood sugar control. In clinical tests, this herb has demonstrated a significant reduction in blood glucose. For example...

Animal studies suggest that G. sylvestre can double the amount of insulin producing cells in the pancreas and return blood sugar levels to normal. Like no other Ayurvedic herb, Gymnema sylvestre has been shown to help...

- ✓ NORMALIZE blood sugar and triglycerides.
- ✓ REDUCE stimuli that cause sugar craving
- ✓ IMPROVE insulin pathways and decrease insulin needs.

### AYURVEDIC SECRET #4 SHILAJIT

Shilajit is a unique mineral obtained from rocks in the Himalayan region. In Ayurvedic medicine, shilajit is classified as an adaptogen, meaning it's well-suited to transport a wide variety of herbal support into the deep tissues of the body. For this reason, this mineral has shown itself to be helpful in carrying blood sugar into insulin resistant cells.

The active principles in shilajit are fulvic acids which enhance the bioavailability of important trace minerals. In this way, shilajit also helps reduce oxidative stress which is a common disorder associated with blood sugar imbalances. Shilajit has been shown to help...

- ✓ REDUCE sugar in the urine.
- ✓ PROMOTE regeneration of the pancreatic beta cells.
- ✓ REDUCE oxidative stress associated with diabetes.

### AYURVEDIC SECRET #5 CURCUMIN

Oxidative stress (or internal rust) has been associated with complications in diabetes. When excess glucose resides in the blood, it causes injury to the small blood vessels that feed the eyes, kidneys and heart. Curcumin inhibits oxidation.

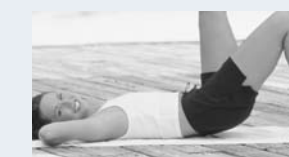
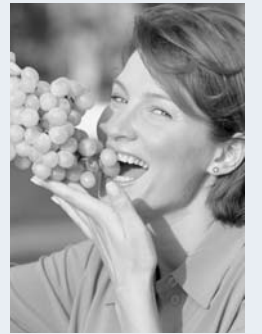
How does curcumin work on your behalf? Curcumin protects your body from free radicals which cause chemical reactions thought to be responsible for cellular damage and mutation. What's more...

Curcumin increases the levels of prostacyclin, your body's natural zipper of abnormal platelet clusters which are linked to blood

## 5 WAYS YOU CAN AVOID OR REVERSE THE THREAT OF DIABETES FOR LIFE

### 1. EAT COMPLEX CARBOHYDRATES. FORGET THE SOFT DRINKS!

Here's a good rule of thumb to follow: The longer food takes to chew, the better it is for you. All processed food and beverages are packed with sugar and salt and will only create glucose spikes which you must avoid. Your ideal diet would be low in fat and high in slow-digesting, complex carbs like legumes, whole grains and most fruits and vegetables.



### 2. MOVE IT OR LOSE IT!

Regular daily exercise improves the ability of your cells to accept insulin which, in turn, allows them to burn glucose more efficiently.

### 3. SUNLIGHT IS YOUR FRIEND!

When you take a 20-minute walk outside, you can get an extra shot of natural insulin which will help you normalize your blood sugar levels. (Plus, natural vitamin D3, which your body converts from sunlight, is believed to help lower insulin resistance and reduce blood pressure.)



### 4. LOSE A LITTLE, GAIN A LOT!

95% of all diabetics carry too much weight and body fat. Which is why doctors and health professionals recommend monitoring your total percentage of body fat. They recommend no more than 24% body fat for women and no more than 17% for men. Lose a little body fat, gain a lot of health and energy for life.

### 5. BE SURE TO USE GLUCO HARMONY™ EVERY DAY!

GLUCO HARMONY™ is an advanced and comprehensive nutraceutical developed for the management of glucose levels. It is formulated to help you stop sugar craving and maintain healthy blood sugar levels without causing hypoglycemia.



clots which can lead to heart attack, stroke or BOTH. Curcumin has been shown to help...

- ✓ PREVENT free radical damage.
- ✓ REDUCE oxidative stress associated with diabetes.
- ✓ CLEANSE your body of metabolic waste.

#### AYURVEDIC SECRET #6 FENUGREEK

Since ancient times, East Indian herbalists have used fenugreek, a common spice, to combat blood sugar imbalances. Now, modern research has shown that fenugreek does help with glucose management.

How does fenugreek work? Fenugreek seeds are 55 percent fiber which is why they slow down food digestion. Because fenugreek is broken down slowly, it delays glucose absorption, resulting in lower blood sugar. The high fiber content of fenugreek may slow down the absorption of carbohydrates which lowers the insulin requirement. Fenugreek has been shown to help...

- ✓ NORMALIZE blood glucose after meals.
- ✓ IMPROVE the insulin response in your body.
- ✓ LOWER total cholesterol and triglycerides.

#### AYURVEDIC SECRET #7 CINNAMON

For centuries, cinnamon has been used in Ayurvedic medicine to help alleviate fatigue, fever and pain, but that's not all. Dr. Richard Anderson, at the Human Nutrition Research Center (USDA) found that cinnamon has a key substance called Methyl Hydroxy Chalcone Polymer (MHCP) that helps stimulate glucose intake.

Dr. Anderson says that MHCP has demonstrated qualities similar to those of insulin. It works by chemically modifying the cells' insulin receptors so they can better transport glucose. Cinnamon has been shown to help...

- ✓ INCREASE glucose intake by our cells.
- ✓ INCREASE the effectiveness of insulin.
- ✓ INCREASE the body's antibacterial, antiviral, and antifungal response.

#### AYURVEDIC SECRET #8 HOLY BASIL

Holy basil is named because of the tradition of planting this herb around the temples of India to purify the air. It's regarded in India as an adaptogen that helps improve immunity and revitalize the body. Ayurvedic doctors have used it for numerous conditions including asthma, bronchitis, and arthritis.

A significant placebo controlled, crossover study published in the *Journal of Clinical Pharmacy and Therapeutics* showed a 17.6 percent reduction in blood sugar and led the scientists to conclude that holy basil was of value in mild to moderate diabetes. Holy basil has been

shown to help...

- ✓ NORMALIZE blood sugar levels and blood fats.
- ✓ LOWER cholesterol and triglycerides, factors that are central to diabetes.
- ✓ LOWER blood pressure and inflammation.

#### AYURVEDIC SECRET #9 BANABA!

Phytochemical analysis of banana leaf has revealed the presence of corosolic acid that acts as a natural insulin-like agent.

In animal studies, banana leaf extract resulted in a significant decrease of blood glucose as well as reduced weight gain and reduced triglyceride accumulation without dietary changes. How does banana help you lose weight? Corosolic acid, the active ingredient in banana leaf, reduces the conversion of blood sugar into body fat. Banana Leaf has been shown to help...

- ✓ BALANCE blood sugar levels.
- ✓ TRANSPORT blood sugar into your body's cells and control carbohydrate cravings.
- ✓ REDUCE the conversion of blood sugars into fats.

Because of the high sugar content of the American diet, most people over 30 have problems with maintaining proper blood sugar balance. As a result, you may feel as if you're constantly on a yo-yo, bouncing back between feeling revved up and

utterly fatigued.

WHOSE BODY NEEDS THOSE EXTREMES? Not your pancreas. Not your heart. Not your kidneys. Not your eyes. In fact, all your major organs suffer from undue stress when your glucose and insulin levels undergo enormous spikes and spills.

#### LIKE NO OTHER FORMULA YOU'LL FIND ANYWHERE!

Unlike prescription medications, GLUCO HARMONY™ has been scientifically formulated to help you accomplish a medical miracle, NATURALLY. Without radically changing your diet or lifestyle, you can now...

- ✓ STOP sugar craving and maintain healthy blood sugar levels without hypoglycemia.
- ✓ IMPROVE your body's ability to metabolize insulin.
- ✓ OVERCOME fatigue linked to fluctuating blood sugar and achieve your optimum body weight.
- ✓ REDUCE the risk of oxidative stress (internal rust) within your body associated with diabetes and linked to heart disease, kidney failure and nerve damage.

When you bring your blood sugar back into balance, it's easier to keep your blood clear of excess glucose and insulin. It's easier to maintain your ideal body weight. It's easier to keep your body energized and revitalized – all day, every day!

## An important message from the American Diabetes Foundation

### PLEASE CHECK YOURSELF FOR THESE DIABETES SYMPTOMS NOW...

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms can decrease the chance of developing the complications of diabetes. If you're experiencing any of the symptoms above, please consult your physician right away.

In the meantime, avoid simple sugars, exercise daily and try GLUCO HARMONY™ for 60 days RISK FREE. This scientific breakthrough can help you balance your blood sugar levels NATURALLY!

potential health benefits.

#### WHY INVEST A SMALL FORTUNE TO DODGE THE DIABETES BULLET WHEN YOU DON'T HAVE TO?

A 1-month supply of IVL's GLUCO HARMONY™ formula — the ultimate blood sugar regulator — can be yours for only \$39.95 plus \$7.95 shipping & handling\*. Item #GH01

However, IVL's research team recommends that first-time users of GLUCO HARMONY™ try a 3 or 6-month supply. This provides ample time to realize all of the

Three bottles of GLUCO HARMONY™ — a 3-month supply — is available now for only \$119.85 plus \$7.95 shipping and handling\*. Moreover, a 4th bottle will be sent FREE. (That's a savings of \$39.95!) Item #GH02

Many GLUCO HARMONY™ users prefer to order 6 bottles (a half-year supply) for only \$199.00 to save \$40.70 off the regular price. Those who order a 6-month supply also receive 2 more bottles FREE plus FREE shipping\*. (Total savings: \$128.55!) Item #GH03

## WOMAN GETS NEW LEASE ON LIFE THANKS TO GLUCO HARMONY™!

"I don't know what else we can do to control your type 2 diabetes,' my doctor said to me 2 years ago. 'Your glucose levels are still dangerously high. We will have to raise your insulin and see if it brings it down.'

I was devastated. My kidneys were starting to weaken, but I didn't want to take even more insulin since taking it twice a day wasn't helping at all. My doctor and I had tried everything that was available for my diabetes to no avail.

One night I broke down and started to cry because of the fear and frustration I was feeling. I had quit my job because I was so sick, and I knew that I was slowly dying from this deceptive disease. I prayed that I be shown what to do.

Two weeks later I discovered the Institute for Vibrant Living. The first week I started taking GLUCO HARMONY my sugar level dropped 54 points! I've lost 3 dress sizes so far, am back to work 40 hours a week and I walk for 30 minutes each day. I'm healthier today because of GLUCO HARMONY!"

—Robbin

IMPORTANT NOTE: Results atypical, individual results may vary. We recognize that consumer testimonials do not equate to scientific proof of a product's effectiveness. However, we do feel it is valid information for people to have when evaluating whether they want to consider using a product. Moreover, the accounts appearing here are for informational purposes only.

The most convenient and economical way to experience GLUCO HARMONY™ is to order 12 bottles—a 1-year supply—for only \$299.00. This option provides \$180.40 off the regular price, 4 more bottles FREE, FREE shipping\*, plus a \$20 gift certificate good towards your next purchase from IVL. Total savings: \$368.15. Item #GH04

### SATISFACTION GUARANTEED!

IVL's research team is so firmly committed to the potential health benefits of GLUCO HARMONY™ that it invites all interested persons who want to feel a renewed sense of energy and a reduced craving for sugar to try this ALL-NATURAL formula for 60 days RISK FREE.

So please do not pass up this timely opportunity to help improve your overall health. Try GLUCO HARMONY™ for yourself. If it does not live up to all the potential benefits cited in this report, you may return the unused portion for a full refund less shipping costs.

If you're ready to balance your blood sugar and avoid the lethal hazards associated with type 2 diabetes that millions of people struggle with...

If you're ready to get the most fuel from your food without taxing your pancreas and heart (to death) and achieve and maintain

your optimum body weight...

If you're ready to experience the youthful lift of better balanced blood sugar, then you owe it to yourself and your family to try GLUCO HARMONY™ today.

Get ready to walk away from that yo-yo feeling and get a new lease on rock-solid vigor and vitality!

Order GLUCO HARMONY™ today! Simply call toll-free: **1-800-218-1379.**

VISA, MasterCard, and Discover are accepted. If you prefer to order by mail, send a check or money order to: Institute for Vibrant Living™, P. O. Box 3840. Camp Verde, AZ 86322-3840.

For online shopping 24 hrs a day go to [www.IVLProducts.com](http://www.IVLProducts.com)

Since GLUCO HARMONY™ is available by invitation only, when you order please refer to the savings code found on the front page of this newsletter.

Millions of Americans are caught in the vice grip of type 2 diabetes, facing an uncertain future of deteriorating health that could cost them their life savings and ultimately result in an early death.

Don't flirt with this killer. Do all you can to help prevent type 2 diabetes. Watch what you eat, exercise, and use GLUCO HARMONY™—the new and comprehensive nutraceutical developed to manage glucose levels.

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